

# A HEALTHIER STATE OF MINNESOTA

BETTER HEALTH TOGETHER.



## SHIP IS CREATING HEALTH IN YOUR COMMUNITIES

Statewide Health Improvement Partnership (SHIP) investments support community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living, helping all people in Minnesota prevent chronic diseases including cancer, heart disease, stroke and type 2 diabetes. Ninety percent of the nation's health care costs are for people with chronic conditions, and the majority of those costs are preventable.

### Senator

Carolyn Laine

### Representative

Connie Bernardy, 41A

### Representative

Mary Kunesch-Podein, 41B

## SHIP supports health across the lifespan

With a solid infrastructure and strong relationships in place, SHIP communities are well positioned to address emerging public health issues and continue creating better health across a lifespan.



For more information about SHIP, contact your local coordinator:

### Anoka

Samantha Osterhaus, [samantha.osterhaus@co.anoka.mn.us](mailto:samantha.osterhaus@co.anoka.mn.us)

### Parkview Villa: Protecting residents from secondhand smoke

A partnership between Anoka County Statewide Health Improvement Partnership (SHIP), American Lung Association (ALA) and local property managers is creating healthier housing options for Anoka County residents.

Since 2016, 20 properties have worked together to promote quitting smoking to residents and discuss smoke-free policies. Thirteen of the properties have implemented new smoke-free policies and five have received support for the enforcement and sustainability of existing policies. Over 4,000 residents have benefitted from tobacco-free housing work in Anoka County.

Parkview Villa in Columbia Heights is one of the properties to benefit from the partnership. Property managers worked with residents to bolster the enforcement of their existing smoke-free policy and increase the smoking set-back zone to 50 feet from the property.

In spring 2018, Heidi Larson, a Health Promotion Manager with ALA, met with the Parkview Villa resident council to learn about the issues regarding smoking in and around the building. Larson also hosted an educational session for residents about the dangers of smoking and provided resources to support quitting. By the end of the summer, the policy was updated, and new signage was posted to clarify the boundaries on the property.

“Many of the residents at Parkview Villa are seniors and individuals with disabilities,” said Rochelle Holmes, Parkview Villa Assistant Site Manager. Holmes noted that all 175 residents, five staff members, and frequent guests benefit from the smoke-free policy and tobacco cessation resources.

“We are grateful to SHIP and the American Lung Association for supporting us in making this change. Without their encouragement and resources, it would have taken much longer to realize our goal.”



# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Black Forest Condominiums  
City of Columbia Heights  
City of Fridley  
Columbia Heights 3rd St NE Duplex  
Fridley Covenant Church  
Gauvette Park Apartments  
Hart Lake Apartments  
Julida  
Kiel Properties  
Lake Run Apartments  
Lynde Investment Company LLP  
Maple Lane Apartments  
Parkview Villa Apartments  
River Pointe Apartments  
Rogers Properties  
Spring Brook Apartments  
St. Philip's Lutheran Church  
(Ramsey County)  
The Legends at Silver Lake Village  
(Ramsey County)  
Winthrop Court Apartments

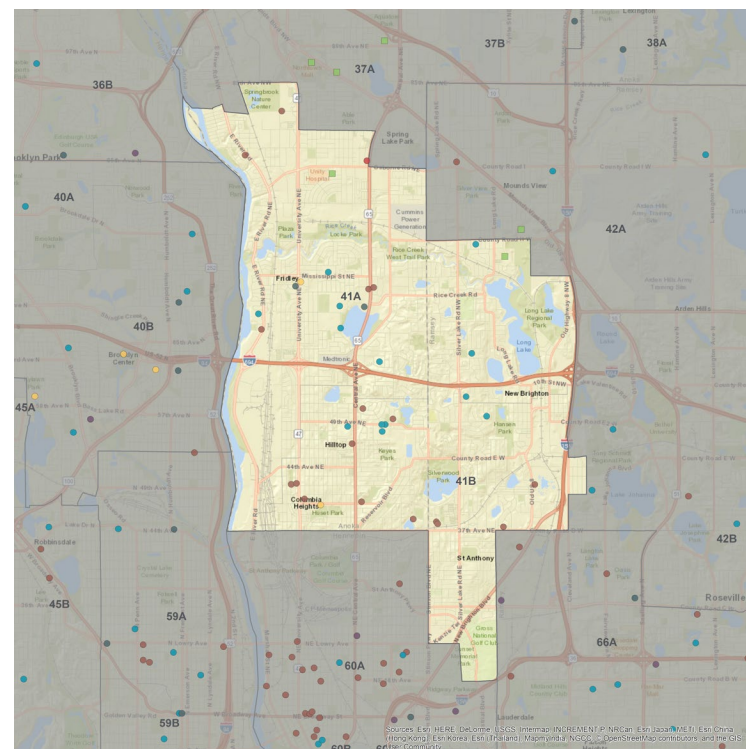
## Health Care

Minnesota Alternatives  
Touchstone Mental Health

## Schools

Bel Air Elementary (Ramsey County)  
Columbia Academy  
Columbia Heights High School  
Fridley High School  
Fridley Middle School  
Hayes Elementary  
Highland Elementary  
Highview Middle School  
Irondale Senior High School  
(Ramsey County)  
North Park Elementary  
Pike Lake Kindergarten Center  
(Ramsey County)  
R. L. Stevenson Elementary  
Sunnyside Elementary  
(Ramsey County)  
Valley View Elementary

## MINNESOTA LEGISLATIVE DISTRICTS 41A & 41B



## SHIP strategies

- Active Living
- Schools
- Workplace Wellness
- Healthy Eating
- Child Care
- Multiple Strategies
- Tobacco-Free Living
- Health Care
- Tribal SHIP and Tobacco Grants

To learn more about SHIP, visit [www.health.mn.gov/ship](http://www.health.mn.gov/ship).